



# SPCC FITNESS ROOM SCHEDULE

(Effective September)

Normal Operating Hours: M-F, 8:00AM-5:00PM



Class Guidelines	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Appropriate athletic attire is required at all times</p> <p>Classes, instructors, and Fitness Room availability are subject to change.</p> <p>*FOD is available during designated time intervals for 1 hr increments beginning every half hour</p> <p>For a complete listing of our classes, please call our office at (510) 215-3080.</p>	<p><b>8:00am-5:00pm</b> <b>ROOM AVAILABLE!</b> (*Fitness on Demand)</p>	<p><b>8:00am-5:30pm</b> <b>ROOM AVAILABLE!</b> (*Fitness on Demand)</p>	<p><b>8:00am-5:00pm</b> <b>ROOM AVAILABLE!</b> (*Fitness on Demand)</p>	<p><b>8:00am-5:00pm</b> <b>ROOM AVAILABLE!</b> (*Fitness on Demand)</p>	<p><b>8:00am-7:00pm</b> <b>ROOM AVAILABLE!</b> (*Fitness on Demand)</p>
	<p><b>5:30pm-6:15pm</b> Beg. Karate Mehran</p>		<p><b>5:30pm-6:15pm</b> Beg. Karate Mehran</p>	<p><b>5:30pm-6:00pm</b> Beg. Ballet Ms. Lyons</p>	
	<p><b>6:30pm-7:15pm</b> Int. Karate Mehran</p>	<p><b>6:00pm-7:00pm</b> Yoga Christina</p>	<p><b>6:30pm-7:15pm</b> Int. Karate Mehran</p>	<p><b>6:10pm-6:40pm</b> Ballet I Ms. Lyons</p>	
	<p><b>7:30pm-8:30pm</b> <b>ROOM AVAILABLE!</b> (*Fitness on Demand)</p>	<p><b>7:00pm-8:00pm</b> <b>ROOM AVAILABLE!</b> (*Fitness on Demand)</p>	<p>CLOSED</p>	<p><b>6:50pm-7:20pm</b> Ballet II Ms. Lyons</p>	<p>CLOSED</p>